

**Attachment 4 -- 2010 MS Swim Guide  
Michigan Swimming, Inc.  
2010 MS District Short Course Championship Meet Standards  
Q3 Time Standards**

September 2009

**10 & UNDER GIRLS  
Slower than**

33.59  
1:15.99  
2:50.09  
7:42.89  
40.39  
1:27.79  
45.59  
1:42.79  
39.79  
1:40.99  
1:26.59  
3:16.09

**EVENT**

50 Freestyle  
100 Freestyle  
200 Freestyle  
500 Freestyle  
50 Backstroke  
100 Backstroke  
50 Breaststroke  
100 Breaststroke  
50 Butterfly  
100 Butterfly  
100 IM  
200 IM

**10 & UNDER BOYS  
Slower than**

34.59  
1:19.09  
2:55.69  
8:05.99  
41.69  
1:32.29  
48.09  
1:44.29  
42.69  
1:40.59  
1:30.99  
3:24.69

**11-12 GIRLS  
Slower than**

29.09  
1:05.09  
2:24.39  
6:27.99  
35.09  
1:16.39  
2:48.09  
39.99  
1:27.69  
3:11.09  
34.19  
1:22.99  
3:12.59  
1:16.29  
2:47.59  
6:19.89

**EVENT**

50 Freestyle  
100 Freestyle  
200 Freestyle  
500 Freestyle  
50 Backstroke  
100 Backstroke  
200 Backstroke  
50 Breaststroke  
100 Breaststroke  
200 Breaststroke  
50 Butterfly  
100 Butterfly  
200 Butterfly  
100 IM  
200 IM  
400 IM

**11-12 BOYS  
Slower than**

30.59  
1:09.19  
2:32.99  
6:42.19  
37.09  
1:20.19  
3:09.59  
41.99  
1:32.09  
3:25.79  
36.29  
1:26.69  
3:23.99  
1:20.29  
2:55.69  
6:30.89

**13-18 WOMEN  
Slower than**

27:59  
59:89  
2:11.69  
5:50.99  
20:57.09  
1:09.59  
2:29.89  
1:20.69  
2:55.09  
1:10.29  
2:48.59  
2:28.99  
5:26.89

**EVENT**

50 Freestyle  
100 Freestyle  
200 Freestyle  
500 Freestyle  
1650 Freestyle  
100 Backstroke  
200 Backstroke  
100 Breaststroke  
200 Breaststroke  
100 Butterfly  
200 Butterfly  
200 IM  
400 IM

**13-18 MEN  
Slower than**

27.09  
58.89  
2:11.09  
5:53.69  
21:19.99  
1:10.99  
2:35.99  
1:19.49  
2:54.49  
1:09.99  
2:41.99  
2:28.99  
5:24.99

\* = standard revised this year

The District Meet(s) are the beginning level of the MS Championship meets. Those with a Q3 time which is any time **slower than** the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has **met or surpassed** the time standard listed above the swimmer is eligible to swim at the next level championship meet.